

As parents and caregivers we try very hard to keep our children safe and healthy. Medical emergencies, however, can and will occur. That's why it's important that everyone who cares for children learns and feels comfortable with basic first aid.

As part of our commitment to helping you keep a healthy and happy child, we've developed this first aid guide. Study and become familiar with it. The next time you find yourself in an emergency you may find it useful.

We've included a checklist of items that should be kept in your personal first aid kit. Don't forget to take this kit with you when participating in any type of recreation away from home. A suggestion would be for you to maintain a kit in your vehicle as well as in your home.

Keep in mind however that this guide in no way takes the place of emergency medical care. In any emergency situation, contact your local emergency services by dialing 911. If after using any of these first aid techniques your child appears to be fine, you should still consult with your child's doctor.

Plan to attend a formal class designed to better understand some of the techniques mentioned in this guide. Remember, this guide will serve as just that, a guide, it offers limited information. An in depth and formal training course will benefit you and your child in the long run.

In the event that you experience a medical emergency with your child, remember the following guidelines:

Be Ready.

Learn and practice cardiopulmonary resuscitation (CPR). Many serious injuries have the potential to make a child stop breathing or to prevent the heart from beating properly. Keep all of your first aid supplies available and keep them with you while traveling or when the potential for injury is there.

Stay relaxed.

Children will react to your anxiety. This can only make a tough situation even worse. Build confidence in your child by reassuring him that you can help.

Think.

Remember that first aid is not a substitute for medical care. Call 911 immediately for serious injuries or any emergency that you don't feel comfortable with. Even if your child seems fine they may still need to be looked at by their doctor.

Getting help!!

If a child becomes unconscious or seriously ill, the first thing you should do (assuming there are no other immediate dangers) is call 911.

If a child comes in contact with any poison or unknown substance, you should contact the Washington Poison Center by calling them at 1-800-222-1222.

When getting help for a child who has suffered a fall or if for any reason you suspect a spinal injury, never move the child. Only move the child if they are in immediate danger (fire, drowning...)

BLEEDING

- ◆ If a sharp object such as a knife or scissors is stuck into the child, do not remove it. Doing so could make the bleeding worse.

- ◆ Always apply direct pressure to a cut in order to stop the bleeding. You can use gauze, cloth, clothing, or a towel between your hand and the cut. The cleaner the barrier, the better for the child. If possible wear gloves.
- ◆ If the arms or legs are bleeding, elevate the injured limb above the heart.
- ◆ If the bleeding cannot be controlled by pressure or elevation then you should lay the child down and lift their legs approximately 10-12 inches off the ground.
- ◆ Try not to use tourniquets!! If you know where the pressure points for the various arteries are then use them.

SHOCK

- ◆ The term “shock” refers to a condition of the body after it’s been injured. Shock can result from injury, infection, or any number of illnesses. Some signs of shock include disorientation (not knowing when or how they got there), confusion, loss of consciousness and pale, wet skin. This occurs because the body is trying to save oxygen for the “essential” parts (brain, heart, lungs...).
- ◆ Call 911
- ◆ Place the child on his back with his feet elevated 10-12 inches of the ground.
- ◆ Monitor his airway to make sure he does not stop breathing. Be prepared to turn him on his side incase he vomits!
- ◆ Keep the child warm and calm.

NECK and BACK INJURIES

- ◆ Assume there’s been a neck or back injury if the child:
 1. has fallen more than 10 FT or three times their height.
 2. there's a bad head injury
 3. _tells you their neck or back hurts
 4. does not get up and try to be comforted
- ◆ Do not move the child unless he’s in immediate danger and call 911.
- ◆ If the child vomits, roll him like a log as you keep their head and their body in line with one another.

Seizures

- ◆ If your child begins to have a seizure be sure to clear out all hazards that could injure the child (furniture, etc). Be sure to protect their head!!
- ◆ Do not put anything in the child's mouth.

- ◆ Do not give the child any medications.
- ◆ Call 911 and begin CPR if needed.
- ◆ Reassure your child. More often than not seizure victims lose control of their bowel and bladder.
- ◆ Keep in mind that if the seizure stops the child will more than likely be highly confused and be extremely tired.
- ◆ Remember all you can for the emergency crews (length of seizure, how violent a seizure, what you saw prior to the seizure).

AMPUTATIONS

- ◆ Call 911
- ◆ Keep the child calm, lay them down, and elevate their feet.
- ◆ Control the bleeding by applying firm pressure with a cloth, clothing, or towel.
- ◆ Wrap the severed body part in a plastic bag and put the bag on ice. Don't place the part in direct contact with the ice. Send the part with EMS to attempt reattachment.

CUTS and SCRAPES

- ◆ Apply direct pressure to a cut and control the bleeding.
- ◆ Clean with an antiseptic. Don't kiss the injury in order to reduce the possibility of infection.
- ◆ Cover the affected area with a clean bandage.
- ◆ Clean animal bites with soap and water. The child should be looked at by a doctor.
- ◆ Take the child to a doctor and have the cut evaluated for stitches if:
 1. The cut edges are separated
 2. The cut is longer than 1/4"
 3. Fat or any other substance is protruding from the cut.
- ◆ Be sure to check when the child's last tetanus shot was given.
- ◆ If the cut is due to a puncture wound (nail through shoe...) have the child evaluated immediately. Watch the puncture wound for signs of infection. These infections can occur long after the injury has occurred.
- ◆ Apply an antibiotic ointment if you do not plan to see a doctor.

BUMPS and BRUISES

- ◆ Do not massage the injury
- ◆ Multiple or frequent bruises should be evaluated by a doctor

- ◆ Place ice on the injury for up to 20 minutes. Freezer pops work well for bumps on the lips.
- ◆ Elevate the injured area if you can.
- ◆ Do not pop the blisters if they form.
- ◆ If directed by a doctor, give them medication for the pain.

BUMPS on the HEAD

- ◆ All the rules from above still apply.
- ◆ In addition, you have to monitor the child for up to 24 hours after a hard bump on the head. The child should be awoken a couple of times during the night to make sure they can be aroused.
- ◆ Watch for the following signs after a bump on the head:
 1. Loss of consciousness
 2. Excessive drowsiness or tiredness
 3. Multiple bouts of vomiting
 4. Seizure
 5. Amnesia
 6. Neck pain
 7. Draining fluid from ears or nose
 8. Unstable walk
 9. Talking funny or can't see very well
 10. Pupils are unequal
- ◆ Do not move the child if you suspect a neck injury.

REMOVING SPLINTERS

- ◆ Sterilize a needle or a pair of tweezers over a candle and cool it down before you use it.
- ◆ If it's sticking out of the skin attempt to pull it in the same direction that it went in.
- ◆ If a splinter that's close to the surface cannot be removed with tweezers, try rubbing it out with a pumice stone.
- ◆ Call your doctor if the splinter went deep into the skin or there are signs of infection.
- ◆ Wash area with soap and water.

BURNS

- ◆ It's important to determine the cause of the burn first.

- ◆ If the burn was caused by contact with a chemical, immediately remove all clothes from the patient. Do not rub the burn. Call poison control at 1-800-222-1222.
- ◆ If the burn is caused by flames, rinse with cool water for about 10 minutes.
- ◆ Cover open blisters with a bandage.
- ◆ If the burn is to the face, genitalia, neck, hand, and feet, call 911.
- ◆ If the burn has charred or white skin or if it was caused by electricity or an explosion call 911.

SUNBURNS

Skin cancer is one of the fastest growing types of cancer in the country. It's extremely important for us to protect our vulnerable children from the harmful effects of the sun. Patients with skin cancer are getting younger and younger. The American Cancer Society estimates that this year alone 51,400 Americans will be diagnosed with skin cancer. Of those over 7,000 will die.

- ◆ Avoid mid-day exposure to the sun. Usually these are the hours of 10:30 a.m. to 3:00 p.m..
- ◆ Use a hat with a brim, sunglasses and sunscreen rated at least SPF 15.
- ◆ If a sunburn does occur, offer fluids to avoid dehydration. Soaks in a cool bath might ease the pain.
- ◆ Ask your doctor if you can administer medication for pain.
- ◆ If the child develops a fever of over 100.5 degrees F or the burn is painful, contact you doctor.
- ◆ If the child is under 1 year of age and has multiple blisters call the doctor.
- ◆ Avoid products with alcohol or benzocaine for sunburn pain.
- ◆ Immediately seek care if the child looks sick, has trouble looking at lights, has eye pain, is dizzy, feels faint, or you believe might be dehydrated. Call 911.

HEAT STROKE

Heatstroke can be a life-threatening emergency. Symptoms of heatstroke include vomiting, sometimes fever of over 106 degrees F, hot skin, confusion, disorientation, seizures and loss of consciousness.

- ◆ Call 911.
- ◆ Move the child to a cool dry area.
- ◆ Do not give salt tablets.

- ◆ If the child is confused or is disoriented he may have a difficult time swallowing. Do not give him any fluid to drink if you suspect this may be the case.
- ◆ Cool the child with wet, cool towels, water sprays and fanning.

HEAT EXHAUSTION

Heat exhaustion occurs when someone is exposed to excessively hot climates or physical activities such as soccer or simply playing outside with friends. Symptoms include, irritability, diarrhea, fever, thirst, headaches, nausea, vomiting and cool wet skin.

- ◆ Give cool liquids quickly and get him to a cool place.
- ◆ Cool the child with cool water, fanning and cool spray.
- ◆ If the child begins to vomit or is unable to take any liquids by mouth call 911.
- ◆ Do not give salt tablets
- ◆ Have child rest for a couple of days.

HEAT CRAMPS

Heavy exercise and sweating can cause a salt imbalance in the body and the results are heat cramps. Symptoms include painful spasms in the muscles.

- ◆ Stretch the cramping muscle.
- ◆ Cool the child with cool water, fanning and cooling spray.
- ◆ Provide a sports drink to replace essential fluid and electrolytes.
- ◆ Do not give salt tablets
- ◆ Have the child rest.

HYPOTHERMIA

When exposed to cold temperatures and damp environments for a long period of time your body will lose it's ability to stay warm. When more heat is lost than your body can generate the result is hypothermia. Signs include:

- ◆ Shivering
- ◆ Slurred speech
- ◆ Very slow breathing
- ◆ Cold, pale skin
- ◆ Fatigue
- ◆ Loss of muscle control

Symptoms usually develop slowly. Children are at high risk to develop hypothermia. To care for a child with hypothermia:

- ◆ Move them out of the cold. If you can't make it indoors then protect them from the wind and cover their head.

- ◆ Remove any wet clothes.
- ◆ Call 911
- ◆ If you can't get emergency care, **gradually** warm the child up with a bath at 100 degrees F-105 degrees F. If this is not possible, try insulating the child by sharing your body heat.

ALLERGIC REACTIONS

- ◆ If you suspect an allergic reaction to medication call your child's doctor and do not give anymore of the medication.
- ◆ Call 911 if you see the following signs:
 1. Wheezing, swelling of the face, lips or eyelids
 2. Trouble breathing
 3. Difficulty swallowing
 4. Hoarseness
 5. Hives
 6. Paleness
 7. Sweating
 8. Shaking
- ◆ **If your child has an Epi-pen for a known allergy and you have been trained in administering the dose, inject it immediately.**
- ◆ If your child is able to swallow and your doctor has given you permission, give the child over-the-counter medication.
- ◆ For skin reactions that result in itching you could use a hydrocortisone cream.
- ◆ If the reaction was due to a plant, be sure to wash all items to prevent another reaction.

BEE STINGS and INSECT BITES

- ◆ Attempt to remove the stinger by flicking it with a drivers license or credit card. If you use tweezers it's possible to cause more poison to go into the sting site.
- ◆ Use baking soda to breakdown the venom and lessen the pain.
- ◆ Call 911 if you see the following signs:
 1. Wheezing, swelling of the face, lips or eyelids
 2. Trouble breathing
 3. Difficulty swallowing
 4. Hoarseness
 5. Hives
 6. Paleness
 7. Sweating

- ♦ If the child is alert and is able to swallow, an oral antihistamine may help. Be sure to ask your doctor if this is O.K.

DISSLOCATIONS, FRACTURES and SPRAINS

A *dislocation* is when the bones come out of the socket and they become misaligned. When we see a bone that is coming out and has broken the skin, it's called an *open fracture*. A *sprain* is an injury to the soft tissue such as a ligament or a tendon.

The interesting thing about these injuries is that because so many of the symptoms mimic each other it's hard to tell what you're dealing with.

Remember, the same first aid treatment will be used for all of these injuries.

Therefore, **it's important that you seek emergency care immediately to establish the true nature of the injury.**

Here's a quick acronym to remember: "P-R-I-C-E".

Protect- Splint the injured area. Use by using a stick, board, magazines or whatever other idea you might come up with. Do not try and straighten the bone.

Rest- Avoid moving the injured limb and rest it as much as possible.

Ice- Minimize the swelling of the injury by placing ice on top of it.

Compression- An elastic bandage may help keep the swelling down and provide support. Check the wrap frequently for good circulation by checking for a pulse. Loosen the bandage if there's numbness, tingling or decreased circulation.

Elevation- Raise the injury above the level of the heart by using a sling or pillows.

If you cannot find a pulse below the injury or if there's numbness, severe pain, shock, or injuries to the head, neck or thigh bone, call 911!! Do not move the child until 911 arrives.

EYE INJURIES

- ♦ Seek emergency care for any of the following:
 1. Unusual light sensitivity

2. Inability to move the eye because of a foreign body
 3. Constant pain, tearing, or blinking
 4. Visual disturbance
 5. Puncture to the eye
 6. Unequal pupils
- ◆ DO not move the injured eye.
 - ◆ Cover **both eyes** with gauze or paper cups to prevent movement. Do not remove any object that has punctured the eye. Call 911
 - ◆ Hold the child's hands and constantly reassure him that you're there. Don't forget they can't see you.
 - ◆ Evaluate immediately by a doctor if you find:
 1. All black eyes
 2. Lacerations on or near the eye
 3. Bleeding in the white part of the eye
 4. Scratched corneas
 - ◆ If the child's eyes get splashed on with a chemical, flush the eye out with water for 15 minutes. Call the poison control center at 1-800-222-1222.

DENTAL INJURIES

- ◆ Call the child's dentist if you break or knock out a tooth. If a permanent tooth is knocked out or is chipped go seek emergency care immediately.
- ◆ When transporting the tooth, place the tooth in a glass of milk (whole milk if possible) or saliva from the child.
- ◆ Apply direct pressure to control the bleeding.
- ◆ Do not attempt to reinsert a knocked out tooth.

NOSE BLEEDS

- ◆ Contrary to popular belief- do not put the child's head back!! Have the child sit up and lean forward.
- ◆ Hold pressure under the bony part of the nose
- ◆ Do not allow child to blow their nose for at least 20 minutes.
- ◆ If the bleeding continues for more than 15 minutes or they occur often call the child's doctor.

OBJECTS LODGED in the EAR

Objects stuck in the ear can cause pain as well as hearing loss. Children may have a hard time realizing that something is stuck in their ear.

- ◆ Don't attempt to remove an object by using a cotton swab or another foreign object. You may push the object farther in.
- ◆ If you can see the object and it's pliable and you can easily get it, use tweezers to pull it out.
- ◆ Try using gravity by tilting the child's head to the affected side. Don't strike the head.
- ◆ Seek medical assistance if these suggestions do not work.

First-aid Supplies list

Here's a list to keep handy of common items to have in your first aid kit.

Tylenol

Tape

Aloe Cram

Antibiotic ointment

Butterfly elastic bandages R

Diphenhydramine (Benadryl)

Elastic bandages

Epinephrine Kit (prescription only)

Rubber gloves

Hydrocortizone cream

Ibuprofen

Important phone numbers for emergencies

Ipecac syrup (call Poison Control at 1-800-222-1222 before using)

Paper and pencil

Paper cups (for eye injuries)

Plastic bags

Sewing needle and matches

Small scissors

Sterile gauze pads

Sunscreen

Thermometer

Tweezers